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Re: Application Serial Number 10/685,342

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NOTE: Proposed Ex. And¹ to correct typographical errors
and overcome prior art.
Claims currently would be rejected under ^{35 USC} 102 as follows:

cl. 9-13 Chen 6,656,093 B2

9-12 Gogarty 4,638,994

14, 16 Brice 5,628,716

1, 2, 4-7, 9-13, 17, 18, 21-23 Bowman 2003/0232704 A1

AMENDMENTS TO THE CLAIMS

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

- ① (Currently Amended) A weight lifting system configured to enable convenient coupling of weights to a handle, the weight lifting system comprising:

a handle having first and second opposing ends, the opposing ends having a hollow interior;

a plurality of weight plates, each weight plate having an aperture therethrough;

and

first and second locking mechanisms configured to selectively couple the weight plates to the respective opposing ends of the handle, at least one of the first and second

locking mechanisms comprising: ^{① selectively inserted into an end of the handle and} ~~a moveable cam~~ ^{the} (i) a moveable member that

selectively engages an interior surface of the handle; and (ii) a push rod selectively

contacting different portions of the moveable member such that movement of the push

rod selectively positions the moveable member into a locked position.

2. (Currently Amended) A weight lifting system as recited in claim 1, wherein the

moveable member comprises a cam follower that is configured to be selectively

^{the} engaged with an interior surface of the handle.


- ③ (Currently Amended) A weight lifting system as recited in claim 1, wherein the ~~cam-moveable member~~ ^{the} has threads configured to threadedly engage an interior surface of the handle.

4. (Currently Amended) A weight lifting system as recited in claim 1, wherein each locking mechanism comprises (i) a sleeve ^{and a} ~~the cam~~ said moveable member, wherein said moveable member is being rotatably coupled to the sleeve, and (ii) a push rod that slides within the sleeve and selectively contacts different portions of ~~the cam~~ said moveable member so as to selectively ~~the position of the cam~~ move said moveable member into a locked position.

5. (Currently Amended) A weight lifting system as recited in claim 1, wherein the ~~cam~~ moveable member has a slanted body.

6. (Currently Amended) A weight lifting system as recited in claim 1, wherein the ~~cam~~ moveable member selectively moves between a locked position and an unlocked position within ^{the} ~~an~~ interior surface of the handle.

7. (Currently Amended) A weight lifting system as recited in claim 1, wherein the ~~cam~~ moveable member is selectively ~~actuated~~ rotated through the use of ^{the} ~~a~~ push rod.

 ~~X~~ (Currently Amended) A weight lifting system as recited in claim 1, wherein the ~~cam~~ moveable member is selectively in threaded engagement with ^{the} ~~an~~ interior surface of the handle.

9. (Currently Amended) A weight lifting system configured for selective coupling of weight plates to a handle and for convenient disengagement of the weight plates from the handle, the weight lifting system comprising:

a handle having hollow interior surfaces on opposing ends thereof;

a plurality of weight plates, each weight plate having an aperture therethrough;

and

first and second opposing locking mechanisms each having a portion configured to extend through the weight plates and into the interior surface of the handle, each wherein at least one locking mechanism comprises: comprising (i) a ~~cam~~ moveable member configured to selectively engage the interior surface of an respective end of the handle; (ii) a rod configured to selectively ~~move~~ ^{rotate} the moveable member, and (iii) a biasing member configured to bias the rod with respect to the moveable member. ^{selectively at least one portion is selectively inserted}

10. (Currently Amended) A weight lifting system as recited in claim 9, wherein the weight plates are configured to nest within each other the biasing member biases the rod into a locked position.

11. (Currently Amended) A weight lifting system as recited in claim 9, wherein the weight plates have a frusto-conical shape the biasing member comprises a spring.

12. (Original) A weight lifting system as recited in claim 9, wherein the portion of each locking mechanism configured to extend through the weight plates and into the interior surface of the handle comprises an elongate portion.

13. (Currently Amended) A weight lifting system as recited in claim 9, wherein the moveable member~~eam~~ is selectively locked or unlocked with respect to the handle.

14. (Currently Amended) A weight lifting system comprising:
a handle;
a plurality of weights; and
first and second locking mechanisms that couple a respective weight to the handle, at least one of the locking mechanisms ~~including~~ comprising: (i) a moveable threaded member that selectively engages an interior surface of the handle; and (ii) a rod configured to selectively move the moveable threaded member with respect to the interior surface of the handle. *and w/ the rod*

15. (Currently Amended) A system as recited in claim 14, wherein the moveable member comprises a cam follower.

16. (Currently Amended) A system as recited in claim 14, wherein twisting the moveable member ~~cam~~ in one direction tightens the threads of the moveable member ~~cam~~ against internal threads of the handle and wherein twisting the moveable member ~~cam~~ in an opposing direction threads the locking mechanism out of the handle.

17. (Currently Amended) A weight lifting system comprising:
a handle;
a plurality of weights; and ~~that are~~ *selectively insertable into ends of the handle*
first and second locking mechanisms that couple a respective weight to opposing ~~ends~~ *when* ends of the handle, the locking mechanisms each including (i) a rotating member that
selectively engages an interior surface of the handle; and (ii) a push rod selectively
contacting different portions of the rotating member such that movement of the push
rod selectively positions the ~~movable~~ *rotating* member into a locked position.
18. (Currently Amended) ~~A weight lifting system as recited in claim 17, wherein
the rotating member comprises a cam.~~ A weight lifting system as recited in claim 17,
wherein each of said locking mechanisms further comprises (i) a sleeve, having a
respective rotating member coupled thereto, and (ii) a push rod that slides within the
sleeve and selectively contacts different portions of the rotating member so as to
selectively move the rotating member into a locked position.
19. (Currently Amended) A weight lifting system as recited in claim 18, wherein
the ~~cam follower~~ *rotating member* has threads thereon.
20. (Original) A weight lifting system as recited in claim 19, wherein the threads
selectively engage ~~an~~ *the* interior surface of the handle.

21. (Currently Amended) A weight lifting system comprising:
- a handle;
 - a plurality of weights; and *selectively insertable into ends of the handle*
 - first and second locking mechanisms that couple a respective weight to the handle, at least one of the locking mechanisms comprising a cam assembly that selectively engages an interior surface of the handle wherein the at least one cam assembly comprises (i) a member that rotates from a nonengaged position to an engaged position; and (ii) a rod configured to move in a linear direction in order to cause the member to rotate from the nonengaged position to the engaged position.
22. (Original) A weight lifting system as recited in claim 21, wherein each ~~cam assembly~~ *of the 1st + 2nd 1 m cam* comprises (i) a member that rotates between an engaged position and a non-engaged position; and (ii) a rod configured to selectively move the member.
23. (Currently Amended) A weight lifting system as recited in claim 21, wherein each cam assembly comprises a rotatable cam follower and a push rod that selectively moves the cam follower.